



RECIPE BY AARON CHOULAI, KOJOE & HIKARU – SERVES 2-3 PEOPLE

OKONOMIYAKI (JAPANESE SAVORY PANCAKE)

Ingredients:

200g of cabbage • 150g of Chinese yam • 50g of bean sprouts • Two eggs • 100g of Sliced pork back ribs • 80g of weak flour • Three tablespoons of ten-kasu (small pieces of deep-fried dough) • One teaspoon of instant broth granules (bonito) • One teaspoon of vegetable oil • Okonomiyaki sauce to taste • Mayonnaise to taste • Bonito flakes to taste • Green nori (seaweed) to taste

1. Cut the ingredients:

- Chop the cabbage coarsely.
- Cut the bean sprouts in half.
- Cut the sliced pork back ribs into 2 or 3 pieces each.

2. Make the batter:

- Peel the skin of a Chinese yam and grate it.
- Put the grated Chinese yam, flour, and instant broth granules into a bowl and mix them well.

3. Mix the ingredients:

- Put the cabbage, bean sprouts, eggs and ten-kasu into the bowl (step 2) and mix them lightly with a spoon.

4. Grill the batter:

- Put some oil in the frypan or hotplate (electric griddle) and heat it up to about 220°C.
- Pour the batter of Okonomiyaki into the frypan with ladle and spread it into a round shape (like a pancake).
- Grill it on medium heat. Then, put the sliced pork on the surface.
- When browned, turn over and cook slowly over low heat.
- When the sliced pork turns crispy, flip it again.
- Grill both sides on medium heat until it gets golden brown.

5. Serve on the plate:

- Serve Okonomiyaki on the plate and put some sauce on it.
- You can add some mayonnaise, sprinkle some bonito flakes and green nori to dress it up.

Cooking Tips:

- Be careful when peeling and grating yams, as they are very slippery. Wash off the juice of the yam as soon as possible, as it will itch if left on the skin.
 - When making the dough, mix the flour and granulated dashi well before adding the yam. If you add the yam first, the granulated dashi will clump together and not mix well.
 - After step 3, the water and flour will separate over time. Just before baking, mix lightly for the second time from the bottom of the bowl to make it fluffy and delicious.
 - Leftover okonomiyaki can be frozen. Wrap each piece individually in plastic wrap, remove air and place in a freezer bag. It can be stored for about one month.
 - To eat, heat in a microwave oven and defrost. After that, it is recommended to lightly grill Okonomiyaki in a frying pan to crisp the surface.
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RECIPE BY ALCIDES & ELLA – SERVES 6-8 PEOPLE

BOLINHO CAIPIRA (DEEP-FRIED SAVOURY FRITTERS)

Ingredients:

500 g of corn flour in flakes (farinha de milho) • 1 cup of tapioca starch (polvilho azedo) • 1 can of jackfruit (approximately 400g) • 1 can of Heart of palm (palmito) (approximately 400 g) • 1 bunch of spring onions • 1 bunch of basil • 1 bunch of parsley • 2 onions • 1 head of garlic • Smoked paprika • 3 tomatoes • Salt • Vegetable oil for deep frying

1. Prepare the vegetables:

- Drain the canned jackfruit and hearts of palm.
- Shred the jackfruit with your hands or a fork until it resembles pulled fibers.
- Finely chop the hearts of palm, onions, garlic, spring onions, basil, parsley, and tomatoes.

2. Cook the filling:

- In a large pan, add a small amount of vegetables and add the chopped onions and garlic, then add the shredded jackfruit and chopped hearts of palm.
- Stir in the tomatoes and cook until they release their juices and form a thick mixture.
- Season with salt and smoked paprika to taste.
- Cook for a few minutes, stirring well, until everything is well combined.
- Add the spring onions, basil, and parsley. Mix well and remove from heat.

3. Make the dough:

- Into a large bowl add the corn flour flakes, tapioca starch, spring onions, parsley and to ½ of a teaspoon of salt and then gradually add hot water mixing it all, until the dough feels firm.
- Let the mixture rest for a few minutes so the flour fully hydrates.

4. Shape the fritters:

- With slightly oiled hands, shape the mixture into an oval fritters, pressing firmly so they hold together.

5. Deep fry:

- Heat vegetable oil in a deep pan over medium-high heat.
- Fry the fritters in batches until golden brown and crisp on all sides.
- Remove and drain on a paper towel.

6. Serve:

- Serve hot and crispy as a snack or appetizer.
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RECIPE BY ALOGTE OHO & HIS SOUNDS OF JOY – SERVES 6 PEOPLE

GROUNDNUT SOUP WITH CHICKEN

GROUNDNUT SOUP WITH CHICKEN

Ingredients:

400 grams groundnut paste or peanut butter • 1.8 kg whole chicken cut into smaller pieces • 1 medium onion chopped • 1 large onion blended 7 scotch bonnets • 3 tablespoons ginger blended • 3 large tomatoes • 2 tablespoons tomato paste • salt • basil

Instructions / Method:

1. Mix the groundnut paste with about 1 litre of water.
2. Add 1 tablespoon of tomato paste and, about 3 scotch bonnets (slightly crushed), the chopped onions and mix thoroughly.
3. Over low to medium heat, cook until thickened and there is oil on top. This should take roughly 20 minutes.
4. Mix the cooked groundnut paste with about 3 litres of water and then strain into a large pot. The pot should be large enough with some extra space to accommodate overboiling or overflowing. (See notes 2)
5. Turn on the heat over medium and let the groundnut soup come to a rolling boil for about 30 minutes and then leave to simmer.
6. Add tomatoes, 1 tablespoon of tomato paste, and about 4 scotch bonnets, and leave to simmer further.
7. In another pot add chicken, ginger, about ½ of the blended onions, scotch bonnets, salt, and basil, and steam for about 20 minutes making sure to add a bit of water to get a broth.
8. Add steamed chicken plus the broth to the soup.
9. Take out the tomatoes and scotch bonnets from the soup and blend until smooth.
10. Strain the blended mixture and add it back to the soup. Add the rest of the blended onions to the soup.
11. Leave the soup to simmer for further 60 minutes and add salt until the soup has thickened.

Serve hot with fufu, boiled rice, kokonte, yam, or boiled ripe plantain.

Notes:

- Use a broiler chicken so the steaming time will be significantly shorter. If you are using a layer, then you will either need to steam for longer or put the steamed chicken into the soup early on to soften.
- When you mix the cooked paste with water, you can reduce the amount if you want a thicker consistency soup without having to let the soup simmer for longer.
- The basil type used to steam the chicken is more commonly known as Akuko Mesa or Akuko Besa (*Ocimum Basilicum*) and is quite common in Ghana.

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FUFU

Fufu is a staple of West African cuisine you can easily serve with stews and soups to complete a delicious and satisfying meal. Traditionally made from cassava root and green plantains, it is a smooth, dense, soul-satisfying, and mild-flavoured side dish that turns almost any dinner into finger food.

Ingredients:

1 medium cassava tuber • 2 fingers green plantain • Water (enough to just cover the cassava and plantain) • 1 tea-spoon salt (optional)

Food Processor Method:

- Peel and slice the cassava and plantain with a knife into medium-size pieces, take out the cassava's core and the plantain's tiny seeds, and rinse.
- Place the pieces in a saucepan, cover with water, add optional salt, and cook over medium heat. (Cooking is vital for cassava because it is toxic when raw.)
- Boil for 30 minutes or until fork-tender. Drain the water.
- Add the cooked plantain and cassava to a food processor and blend. Use a spoon to move it around as necessary to ensure even blending. Add water by the spoonful as needed until you achieve desired texture. It should be soft and stretchy.
- Turn it onto a wet plate or bowl and fold it into itself until it is smooth.

Traditional Method:

- Using a mortar and pestle, start by pounding the plantain into a smooth dough and set it aside. Then do the same for the cooked cassava.
- Combine the plantain and the cassava.
- Mold the mixture into the portion size of your choice and place it in serving bowls.
- The fufu is ready to serve with the soup of your choice.

Notes:

- Please cook cassava (yuca) well before mashing. Raw cassava contains toxins that can make you sick.
 - Before serving, stir the fufu around to check for any lumps. If you have lumps, you can pinch them out with your hand.
 - If your fufu doesn't have the right texture or consistency, you can cook the mixture in a pot on medium heat while constantly stirring until you get the desired results.
 - To get your fufu into a perfect ball shape, get your hand wet, fold the mixture into itself, and flip it over to reveal the smooth side before serving.
 - You can also use plastic wrap to form the fufu into a circle by wrapping it and twisting it until you get the shape you want.
 - Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.
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RECIPE BY ASHKAN SHAFIEI – SERVES 6-8 PEOPLE

RICE WITH SAFFRON TAHDIG (CRISPY RICE CRUST), EGGPLANT & TOMATO KHORESH (STEW)

EGGPLANT & TOMATO KHORESH (STEW)

Ingredients:

2 large eggplants, sliced into large circular rounds • 3-4 ripe tomatoes, sliced into large circular rounds • 2 tbsp tomato paste • ½ cup sour grapes (ghooreh – from Persian store) • 4 tbsp oil (vegetable or sunflower) • 1 tsp salt (adjust to taste) • ½ tsp black pepper • 1½ cups water

Instructions / Method:

1. Slice the tomatoes into large circular rounds and set aside.
 2. Heat oil in a wide pan and gently fry the tomato paste for 2-3 minutes until aromatic.
 3. Arrange the sliced tomatoes in a single layer, season with salt and pepper, and cook gently until softened.
 4. Add sour grapes and water.
 5. Carefully layer the pre-fried eggplant slices over the tomatoes.
 6. Cover and simmer on low heat for 30-40 minutes, allowing flavours to combine while keeping the vegetables intact.
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SAFFRON RICE WITH TAHDIG

Ingredients:

4 cups basmati rice • 4 tbsp oil • ¼ tsp saffron threads, bloomed in 3 tbsp hot water • Salt (for rice water)

Instructions / Method:

1. Rinse the rice until water runs clear, then soak in salted water for at least 30 minutes.
 2. Boil rice in plenty of salted water until parboiled, then drain.
 3. Add oil to the pot and place a thin layer of rice mixed with saffron water at the bottom to form the tahdig.
 4. Gently mound the remaining rice on top and poke a few holes for steam release.
 5. Cover with a cloth-wrapped lid and steam on low heat for 45 minutes until the tahdig is crisp and golden.
 6. Serve the rice with tahdig alongside the eggplant and tomato khoresh.
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RECIPE BY BLINKY BILL

KENYAN BEEF WET FRY, SUKUMA WIKI & UGALI

THE UGALI (THE FOUNDATION)

Ugali is a dense, white cornmeal mash, probably the most consumed staple in Kenya. It appears across Africa under many names like Sadza (Zimbabwe), Nshima/Nsima (Malawi/Zambia), Pap/Mieliepap (South Africa), and Posho (Uganda), varying in flour type (maize, millet, cassava) and local accompaniments, though its core concept of a stiff porridge served with stews remains consistent.

Ingredients:

2 cups water • 1.5 to 2 cups white maize meal (do not use yellow polenta or cornstarch)

Instructions / Method:

1. **Boil:** Bring water to a rolling boil in a heavy-based saucepan.
2. **Mix:** Pour in about half the maize meal. Let it bubble for a moment, then stir vigorously with a strong wooden spoon.
3. **Thicken:** Gradually add more flour while pressing the mixture against the sides of the pot to remove lumps.
4. **Cook:** Once it reaches a thick, doughy consistency that pulls away from the sides, reduce heat to low.
5. **Steam:** Cover and let it sit for 3 minutes. Turn it out onto a plate and shape it into a dome. Keep covered until serving.

BEEF WET FRY (THE PROTEIN)

This is "wet fry" (Karanga), meaning it has a thick, rich sauce rather than a thin soup.

Ingredients:

500g beef cut into 2cm cubes • 1 large red onion, diced • 2 large ripe tomatoes, chopped • 1 tbsp ginger & garlic paste • 1 green capsicum, diced • 1 tsp Royco Mchuzi mix (or substitute with 1 tsp beef bouillon + ½ tsp turmeric) • Fresh coriander (dhania), chopped • 2 tbsp cooking oil

Instructions / Method:

1. **Boil:** Place beef in a pot with a pinch of salt and enough water to cover. Simmer until tender and water has evaporated.
2. **Fry:** Add oil to the beef and fry until browned and slightly crispy.
3. **Aromatics:** Add onions and capsicum. Sauté until the onions are soft.

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- 4. Sauce:** Stir in ginger/garlic and tomatoes. Cover and cook for 5 minutes until tomatoes form a paste.
 - 5. Finish:** Dissolve Royco/bouillon in ¼ cup water and pour into the pot. Stir until the sauce thickens and coats the meat. Garnish with coriander.
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SUKUMA WIKI (THE GREENS)

'Tuscan Kale' or 'Collard Greens' are the closest match.

Ingredients:

1 bunch kale or collard greens (stems removed, leaves sliced very thinly) • 1 small onion, finely diced • 1 tbsp vegetable oil • Salt to taste

Instructions / Method:

- 1. Sauté:** Heat oil in a large pan and sauté the onion until translucent.
 - 2. Flash Fry:** Add the greens and a pinch of salt.
 - 3. Toss:** Stir-fry for 5–8 minutes. You want the leaves to be bright green and softened but still retain a slight crunch. Do not add water.
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Serving Suggestion:

Place a wedge of Ugali on a plate next to a generous serving of beef and greens. Serve with Kachumbari (fresh diced tomatoes, onions, and chili with lemon juice) if desired.



RECIPE BY BOBBY ALU & FOLOI LULIA
SERVES 2-4 (AS ENTRÉE) OR 1 SAMOAN!

SAMOAN OKA

“Samoaan Oka is a refreshing raw fish salad cured in citrus and finished with rich coconut cream. This dish is found throughout Polynesia, Asia and Latin America with various alterations. Just like music, this easy dish has travelled and changed while sailing throughout the islands. My mum Foloi used to make me Oka after school. And just like my songs, this version of the dish uses Australian ingredients with that unmistakable island flavour.”

Ingredients:

1 fillet (500g) of fresh king fish or trevally • 8 limes juiced • 1 can (400ml) of Ayam coconut cream • 1 seeded cucumber diced • 1 punnet (200g) of cherry tomatoes diced • 1 small red onion diced • 2 green spring onions sliced • 1 finely chopped fresh red chilli to taste • Salt & pepper to taste

Instructions / Method:

- 1. Prep the Fish:** Dice the fish into bite-sized cubes
 - 2. Cure:** Place fish in bowl with the lime juice and cover for 30mins to 1hr in refrigerator. The longer it sits, the more cooked and firm the dish is.
 - 3. Drain:** Drain off most of the excess citrus juice, leaving just a small amount to maintain a tangy flavour
 - 4. Combine:** Add the diced cucumbers, tomatoes, onions, and chili to the bowl
 - 5. Add coconut cream:** Pour in the coconut cream and stir gently until well combined.
 - 6. Season & chill:** Season with salt and pepper. Refrigerate for 15-30mins before serving.
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RECIPE BY MARICHKA (DAUGHTERS OF DONBAS)

LAZY VARENYKY (LAZY PIROGIE)

Ingredients for varenyky:

1 kg cottage cheese • 3 eggs • 6 tablespoons sugar • 12 tablespoons flour • 3 pinches salt (+ a pinch to add to the water when boiling)

Ingredients for the sauce:

600 g plain yogurt • 3 tbsp powdered sugar • 6 sprigs of mint

Instructions / Method:

1. Take the cottage cheese, if it is homemade - rub it through a sieve so that the varenyky come out without lumps.
 2. In a bowl, mix the cottage cheese, sugar, 3 pinches of salt and the eggs. Add flour and knead the dough. Pour enough water into a big saucepan and bring to a boil.
 3. Sprinkle flour on the work surface. Roll the dough into long tubes and cut them into pieces (1cm)
 4. Flatten slightly and coat with flour.
 5. Boil the dough pieces in boiling water for 2 minutes after they float to the surface. While the varenyky are cooking, prepare the sauce.
 6. Mix natural yogurt with powdered sugar and chopped mint leaves.
 7. Serve the varenyky with the sauce.
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RECIPE BY LA PERLA

SANCOCHO

Ingredients:

1 cup chopped yellow or white onions • 2 scallions chopped • 4 garlic cloves minced • ¼ teaspoon ground achiote or colour • 3 ears fresh corn cut into 3 pieces • 12 cups of water or more if necessary • 6 pieces of chicken, or 1 pound of pork meat or pork ribs, or pound of beef cut into pieces, or no animal protein (vegetarian) • 2 green plantains peeled and cut crosswise into 2 inch pieces • 3 medium white potatoes peeled and cut in half • 1 pound fresh yuca cut into big pieces • ¼ cup chopped fresh cilantro • ¼ teaspoon ground pepper • 1 teaspoon salt

Instructions / Method:

Sancocho is basically a very thick soup made with root vegetables and different kinds of meats or vegetarian, in a broth, usually flavored with herbs (cilantro), combined with achiote, garlic, onion, and scallions. Every recipe you try may be different from the last and unique in its own right, because in every region they have their own style.

1. Place the onions, scallions, pepper, garlic and cumin in the blender with ¼ cup of water.
 2. In a large pot, place the beef, or pork, or chicken, or no meat, corn, onion mixture, salt and green plantain. Add the water and bring to a boil, then cover and reduce heat to medium and cook for about 45 minutes.
 3. Add the potatoes and yuca. Continue cooking for 30 more minutes or until the vegetables are fork tender. Stir in the cilantro.
 4. Taste and adjust the seasoning. Serve in large soup bowls, dividing the meat and chicken and vegetables evenly.
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RECIPE BY ROBERTO FONSECA

PICADILLO CUBANO

Ingredients:

2 pounds ground beef • 4 tablespoons olive oil • 2 medium yellow onions, diced • 6 cloves garlic, finely chopped • 1 red bell pepper, diced • 1 tablespoon ground cumin • 6 small potatoes, peeled and diced • 1 cup dry white wine • 1 cup pimento-stuffed olives • 1/4 cup drained capers • 32 ounces tomato sauce (2 x 8-ounce cans) • Salt and freshly ground pepper to taste

To serve on the side – rice, black beans, fried plantains, pickled onion and tomato relish or salad to taste.

Instructions / Method:

1. In a large skillet, cook the ground beef until browned. You can add a pinch of cumin and pepper, drain off any excess fat, and set aside.
2. In a large skillet, heat 2 tablespoons of olive oil over medium-low heat and cook the onion until soft, about 5 minutes.
3. Add the minced garlic and cook until almost golden.
4. Add the chopped red bell pepper, ground cumin, pepper, and a little salt - not too much, as the olives and capers are salty.
5. Add the diced potatoes and cook for about 5 minutes.
6. Add the ground beef and white wine and cook until the liquid begins to reduce.
7. Add the raisins and tomato sauce when the potatoes are half-cooked (a knife should easily pierce the outer layer, but the center should still be firm).
8. Cook for 5 more minutes, then add the olives and capers.
9. Continue cooking over medium heat, stirring occasionally, until the potatoes are cooked. If the sauce is too thick, you can add more wine or a little water. Taste and adjust the salt and pepper.

Note: Ground chicken or turkey can be used instead of beef.



RECIPE BY PENDO & LEAH ZAWOSE (THE ZAWOSE QUEENS)
SERVES 6-8 PEOPLE

SAMAKI WA KUPAKA (FRIED FISH IN COCONUT SAUCE) WITH UGALI, GREENS & FRESH SALAD

FRIED FISH & COCONUT SAUCE (SAMAKI WA KUPAKA)

Ingredients:

1.5 kg white fish fillets (snapper, barramundi, or any firm white fish) • Juice of 2 limes or lemons • 3 tablespoons vegetable oil • 1 medium onion, finely chopped • 2 cloves garlic, minced • 1 tablespoon fresh ginger, grated • 2 cups coconut milk • 1 teaspoon curry powder • ½ teaspoon ground turmeric • Salt to taste

Instructions / Method:

1. Rub the fish with lime or lemon juice and a little salt. Set aside for 10 minutes.
 2. Heat oil in a large pan and fry the fish until golden on both sides. Remove and set aside.
 3. In the same pan, add chopped onion and sauté until soft.
 4. Add garlic and ginger and cook for 1 minute until fragrant.
 5. Add curry powder and turmeric, stirring gently.
 6. Pour in coconut milk and simmer for 5-7 minutes until slightly thickened.
 7. Return the fried fish to the pan and spoon the sauce over the fish. Simmer gently for another 5 minutes.
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UGALI

Ugali (pulp) refers to the cooked, firm maize porridge made from East African white maize flour and should not be confused with cornmeal, which is a different, more finely processed product. Ugali is traditionally cooked using a mwiko, a long, sturdy wooden spoon with a flat or slightly rounded end designed for stirring thick maize meal.

Instructions / Method:

1. Bring water and salt to a boil in a pot.
 2. Gradually add maize flour while stirring continuously using a mwiko to avoid lumps.
 3. Reduce heat and continue stirring until the ugali becomes thick, firm, and smooth.
 4. Shape and allow to cook for a few more minutes before serving.
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GREENS (SPINACH)

1. Heat oil in a pan, add onion and cook until soft.
 2. Add spinach and salt. Cook briefly until wilted.
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FRESH SALAD (KACHUMBARI)

1. Mix tomatoes, onion, and avocado in a bowl.
 2. Add lime juice and salt to taste.
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TO SERVE

Serve the fried fish covered in coconut sauce with ugali, sautéed greens and fresh salad on the side. Chopped chilli can be added for those who enjoy extra heat.

This dish represents coastal Tanzanian home cooking and is traditionally shared communally.



RECIPE BY NICK, ADONIS & APOLLONIA (XYLOURIDES)

FAVA, FRIED POTATOES & GREEK SALAD

FAVA

Ingredients:

500g yellow split peas • 2 x medium onions roughly chopped • 4 cups of water • salt • olive oil, white onion and capers for garnish

Instructions / Method:

1. Put split peas, chopped onion, water and salt in a pot. Cover and cook on a very low heat without stirring until the water has been absorbed and the onion and split peas are soft.
 2. The time will vary depending on the split peas.
 3. While still hot, mix into a paste using a fork.
 4. Serve topped with a little white onion, capers and a little olive oil.
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FRIED POTATOES

Ingredients:

Potatoes • Olive oil • Salt

Instructions / Method:

1. Peel and cut potatoes. Soak in fresh water in or out of the fridge.
 2. Salt potatoes.
 3. Deep fry in olive oil.
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GREEK SALAD

Ingredients:

Tomatoes • Cucumbers • Green capsicum • White onion • Oregano • 200g Greek Fetta • Olive oil

Instructions / Method:

1. Cut tomatoes over the salad bowl and lightly salt. Set aside and finish making salad when ready to serve.
2. Cut the rest of the ingredients.
3. Add oil and mix.
4. Top with fetta and sprinkle with oregano.

Serve with olives and fresh bread for dipping into the salad.
